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**Abraham**

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(54) **ERGONOMIC SUPPORT APPARATUS AND METHOD FOR ASSISTING SLEEP**

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(57) **ABSTRACT**

The present invention relates to the field of assisting sleep, including apparatus and methods for assisting sleep. In one form, the invention provides a postural support apparatus comprising a first supporting means (5) adapted to support the head of the user, a second supporting means (15) adapted to support the rib cage of the user, and a recess (3) intermediate the first supporting means (5) and the second supporting means (15), the recess (3) being adapted to accommodate at least part of an arm of the user, wherein the apparatus aligns the head and spine of the user such that the user's airways are kept open.

**9 Claims, 6 Drawing Sheets**

